

Protect and Prevent

Pandemic influenza is everyone's problem

- 1** Look for symptoms
Fever $>38^{\circ}\text{C}$ and a cough or breathing difficulties
- 2** Ask about travel (in the last 21 days)
There are respiratory illnesses of concern in some countries
- 3** Report travel-associated respiratory disease to your Medical Officer of Health
- 4** Take precautions to minimise the spread of the infection
 - Use and dispose of masks and gloves correctly
 - If you require close contact, consider the use of personal protective equipment

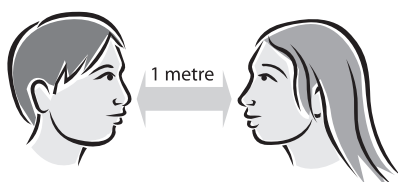
Remember:



Rigorously and frequently wash and dry your hands with soap and warm water; or clean with an alcohol-based hand gel



Ask the patient and their support people to wear a surgical mask



Maintain at least one metre separation during the consultation. If physical examination is essential take precautions to avoid infection during and after exam



Ask the patient to cough/sneeze into a tissue and then to wash their hands afterwards with soap and warm water or use an alcohol-based hand gel

Use and know how to correctly fit and remove appropriate protection equipment

Hand washing and drying is the most important measure to prevent the spread of infection

For further information see: www.moh.govt.nz/pandemicinfluenza

From the Office of the Director of Public Health